



Heading One

Various ways of introducing heading

Players throw ball up to themselves and self head to partner.

Ball is thrown underhand to partner to head back into hands

Players attempt to get multiple headers between themselves

Players attempt to head a goal past their partner

Coaching Points

Head ball with eyes open on the forehead with mouth closed

Place your feet in a boxers stance and lean backwards as ball is fed

Rock forwards to make contact

Direct the header with the forward movement of the body rather than the neck